

Rigatoni with Vegetable Bolognese – 4 servings

6 oz mushroom (chopped)*	2 tsp. thyme leaves (chopped)**
1½ cups hot water*	1 tsp. oregano leaves**
3 large carrots (peeled and chopped)*	1 tsp. black pepper**
1 onion (peeled and diced)*	2 Tbsp. tomato paste
1 red bell pepper (chopped)*	½ cup red wine
2 garlic cloves*	½ cup mascarpone cheese
¼ cup olive oil*	¼ parmesan cheese
	1 lb rigatoni pasta (seasoned)

* (Part 1)

** (Part 2)



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Recipe:

562 grams, 2,605 Calories, 62 Pro, 227.5 Cho, 137 Fat, 1,391 Na

Serving:

140 g, 651 Calories, 15 Pro, 57 Cho, 34 Fat, 348 Na

- Place 6 oz mushrooms in 1½ cups of hot water; set aside.
- Place the remaining ingredients from “part 1” in a skillet over medium-high heat, then add “part 2” ingredients and cook for 6 minutes. (cook until tender)
- Strain mushrooms (adding in the mushrooms & saving liquid) and add tomato paste
- Add mushroom liquid and red wine and bring to a boil, then reduce heat and simmer until ½ liquid has evaporated (about 10 minutes)
- Add mascarpone cheese, then add rigatoni and stir together until mixed